IN THE CLAIMS:

1. **(Currently Amended)** An actuator~~, preferably~~ for furniture and comprising a helical spring ~~as (20)~~ having a plurality of windings around a plastic cylindrical element ~~(10) of plastics~~ which is rotatable at least during reversed movement, said helical spring being tightened around the cylindrical element during reversed movement, ~~characterized in that the cylindrical element consisting of plastics has an~~ and a metal insert ~~(12) of metal~~ inside the cylindrical element for carrying off [the] frictional heat generated during the reversed movement.

2. **(Currently Amended)** An actuator according to claim 1, ~~characterized in that~~ wherein the insert [(12)] is connected with cooling faces of metal~~, preferably other actuator parts consisting of metal~~.

3. **(Currently Amended)** An actuator according to claim 2, comprising a worm wheel ~~(9)~~ and a spindle ~~(2)~~, ~~wherein the connection between these is formed~~ said worm wheel being connected to the spindle by a spline, ~~characterized in that~~ and wherein the spline of the worm wheel is formed in the insert ~~(12)~~ so that there is direct contact between insert ~~(12)~~ and spindle ~~(2)~~.

4. **(Currently Amended)** An actuator according to claim 1, ~~characterized in that it comprises an element (18)~~ including a collar in intimate contact with [the] an outer side of the spring [(20)] for carrying off [the] heat, said ~~element~~ collar being made of a more heat-conducting material than the spring.

5. **(Currently Amended)** An actuator according to claim 4, ~~characterized in that~~ the ~~element (18)~~ collar essentially covers the entire outer side of the spring.

6. **(Currently Amended)** An actuator according to claim 5, ~~characterized in that~~ the ~~element (18)~~ collar is connected with metallic cooling faces~~, preferably other actuator parts consisting of metal~~.